

Credits

Lesson	Author(s)
<u>Lesson 1 - Introduction To Life Science As A Way Of Life</u>	T.C. Fry
<u>Lesson 2 - The Nature And Purpose Of Disease</u>	T.C. Fry
<u>Lesson 3 - Introducing The Life Science System For Perfect Health, Part I</u>	T.C. Fry
<u>Lesson 4 - Introducing The Life Science System For Perfect Health, Part II</u>	T.C. Fry
<u>Lesson 5 - Introduction To Nutritional Science</u>	T.C. Fry
<u>Lesson 6 - The Immense Wisdom And Providence Of The Body</u>	T.C. Fry
<u>Lesson 7 - Carbohydrates - Fuel For The Human Body</u>	Marti Fry
<u>Lesson 8 - Proteins In The Diet</u>	Mike Benton
<u>Lesson 9 - Vitamins: The Metabolic Wizards Of Life Processes</u>	Dr. Alan M. Immerman Marti Fry T.C. Fry
<u>Lesson 10 - The Role Of Minerals In Human Nutrition</u>	Mike Benton
<u>Lesson 11 - Fats In The Diet</u>	Mike Benton
<u>Lesson 12 - The Role Of Acid And Alkaline Substances Within The Body</u>	Norman Allard, D.C. Teresa Bradford Marti Fry

<u>Lesson 13 - Air, Sunshine, And Natural Light Essential To Health</u>	Dennis Marti Fry	Nelson
<u>Lesson 14 - Water Transports Nutrients To All The Body Cells</u>	Austin Marti Fry	L. Brooks
<u>Lesson 15 - The Roles Of Rest And Sleep In Supplying Body Needs</u>	T.C. Fry	
<u>Lesson 16 - Nutrition, Mind And The Emotions</u>	Mike Benton	
<u>Lesson 17 - Exercise And Its Beneficial Role In Nutrition And Digestion</u>	Dr. Norman Allard	
<u>Lesson 18 - Ascertaining The Human Dietetic Character, Part I</u>	T.C. Fry	
<u>Lesson 19 - Ascertaining The Human Dietetic Character, Part II</u>	T.C. Fry	
<u>Lesson 20 - The Physiology Of Digestion</u>	Mike Benton	
<u>Lesson 21 - Symptoms During Dietary Transition</u>	Mike Benton	
<u>Lesson 22 - The Principles Of Digestive Physiology</u>	Hannah Allen	
<u>Lesson 23 - Application Of Food Combining Principles</u>	Hannah Allen	
<u>Lesson 24 - Selection And Storage Of Most Wholesome Foods Section One</u>	Hannah Allen	
<u>Lesson 25 - Selection And Storage Of Most Wholesome Foods Section Two</u>	Hannah Allen	
<u>Lesson 26 - Preparing And Serving Foods For Best Nourishment</u>	Hannah Allen	

<u>Section One</u>	
<u>Lesson 27 - Preparing And Serving Foods For Best Nourishment Section Two</u>	Hannah Allen
<u>Lesson 28 - The Elixir Of Life: An Exploration Of Food Conditions, Body Conditions, And Eating Conditions That Beget Euphoric Health And Long Life</u>	T.C. Fry
<u>Lesson 29 - Why Condiments Should Not Be Included In The Diet</u>	Mike Benton
<u>Lesson 30 - Sugars And Other Sweeteners May Be Worse Than Bad</u>	Mike Benton
<u>Lesson 31 - Refined And Processed Foods Are Hazardous To Your Health</u>	Mike Benton
<u>Lesson 32 - Why We Should Not Eat Meat</u>	Hannah Allen
<u>Lesson 33 - Why We Should Not Eat Animal Products In Any Form</u>	Hannah Allen
<u>Lesson 34 - The Harmfulness Of Beverages In The Diet</u>	Mike Benton
<u>Lesson 35 - Junk Foods: A Case Study On Molasses</u>	Susan Hazard, Ph.D.
<u>Lesson 36 - Junk Foods: A Case Study Of Garlic And Onions</u>	Susan Hazard, Ph.D.
<u>Lesson 37 - Fermented And Putrefied Foods In The Diet; Studies Of Other Junk Foods</u>	Mike Benton
<u>Lesson 38 - Sociological Benefits And Economic Ramifications Of The Avoidance Of Junk Foods</u>	Mike Benton

<u>Lesson 39 - Food Supplements</u>	Robert W. McCarter, Ph.D. Elizabeth D. McCarter, D.Sc.
<u>Lesson 40 - The Dangers Of Drug Medication: Over-the-Counter And Prescription Drugs</u>	Susan Hazard, Ph.D.
<u>Lesson 41 - Thanks For Not Smoking</u>	Susan Hazard, Ph.D.
<u>Lesson 42 - Why Herbs Should Not Be Used</u>	Mike Benton
<u>Lesson 43 - Cooking Our Food</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 44 - Overeating: Fasting Fanaticism And Diet Fanaticism</u>	Hannah Allen
<u>Lesson 45 - Introduction To Fasting</u>	Dr. Alan M. Immerman Dr. Alec Burton
<u>Lesson 46 - When To Employ Fasting: Determining Who Should Fast; How Long And How Often</u>	Susan Hazard, Ph.D.
<u>Lesson 47 - How To Preside Over A Fast</u>	Dr. Henry E. Stephenson
<u>Lesson 48 - How To Break A Fast; After The Fast</u>	Hannah Allen
<u>Lesson 49 - The Organic Garden; Avoiding Commercially Produced Foods - Why?</u>	Hannah Allen
<u>Lesson 50 - The Pluses In Orchardring: How To Get Started</u>	Rebecca Caisse
<u>Lesson 51 - Chemicals In The Household Environment</u>	Mike Benton
<u>Lesson 52 - Chemicals In Our Air</u>	Mike Benton

Lesson 53 - Solar Energy And Your Health	Margaret Flynn Paul Walhus
Lesson 54 - Weather And Human Well-Being	William C. Lloyd
Lesson 55 - Prenatal Care For Better Infant And Maternal Health And Less Painful Childbirth	Joyce M. Kling
Lesson 56 - Normal Feeding Of Infants; Feeding Babies Under Abnormal Conditions Until Weaning Age	Joyce M. Kling
Lesson 57 - Weaning The Infant; Feeding Children	Joyce M. Kling
Lesson 58 - Fasting Children During Disease	Mike Benton
Lesson 59 - Teaching Children About Healthful Living	Mike Benton
Lesson 60 - Self-Sufficiency And Natural Hygiene	Susan Hazard, Ph.D.
Lesson 61 - Nutrition And The Skin	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
Lesson 62 - Healthy Eyes And Teeth	Mike Benton
Lesson 63 - Nutrition And The Hair	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
Lesson 64 - Stress Management: The Life Science Approach	Mike Benton
Lesson 65 - There Are No Cures	Susan Hazard, Ph.D.

<u>Lesson 66 - Contagion, Epidemics</u>	Hannah Allen
<u>Lesson 67 - How To Practically Withstand Hospitalization With The Least Harm; What Treatments To Accept, Reject</u>	Susan Hazard, Ph.D.
<u>Lesson 68 - First Aid And Natural Hygiene</u>	Mike Benton
<u>Lesson 69 - Nutritional Approach To Overcoming Addictions</u>	Susan Hazard, Ph.D.
<u>Lesson 70 - Colds, Flus, Upper Respiratory Ailments</u>	Hannah Allen
<u>Lesson 71 - Allergies, Hay Fever, And Other Chronic Diseases</u>	Susan Hazard, Ph.D.
<u>Lesson 72 - Rheumatic Diseases</u>	Susan Hazard, Ph.D.
<u>Lesson 73 - Sugar And Carbohydrate Metabolism Disease</u>	Susan Hazard, Ph.D.
<u>Lesson 74 - Diseases Relating To The Heart And Circulatory System</u>	Susan Hazard, Ph.D.
<u>Lesson 75 - Cancers, Tumors</u>	Susan Hazard, Ph.D.
<u>Lesson 76 - Ulcers</u>	Susan Hazard, Ph.D.
<u>Lesson 77 - Gastrointestinal Diseases</u>	Susan Hazard, Ph.D.
<u>Lesson 78 - Reproductive Problems Of Men And Woman</u>	Susan Hazard, Ph.D.
<u>Lesson 79 - The Laws Of Life</u>	Randy Williams
<u>Lesson 80 - Adjustment To Hygienic Living Within The Family</u>	Elizabeth D. McCarter, D.Sc.

	Robert W. McCarter, Ph.D.
<u>Lesson 81 - Socializing And Natural Hygiene</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 82 - The Adolescent And Hygienic Living</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 83 - Senior Citizens Living Hygienically</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 84 - The Basic Four Diet</u>	Mike Benton
<u>Lesson 85 - The Dangers Of A High-Protein Diet</u>	Mike Benton
<u>Lesson 86 - The Supplement Approach To Nutrition</u>	Mike Benton
<u>Lesson 87 - Chiropractic, Homeopathy, and Osteopathy</u>	Susan Hazard, Ph.D.
<u>Lesson 88 - The Vegetarian Diet</u>	Mike Benton
<u>Lesson 89 - Introducing Clients To The Need For A Lifestyle Change</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 90 - Psychology And Practical Aspects Involved In Making A Change In Lifestyle</u>	Margaret Flynn
<u>Lesson 91 - Methods For Inducing A Lifestyle Change</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 92 - Planning A Transition To Better Living</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.

<u>Lesson 93 - Teaching Your Clients About Fasting</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 94 - Exercise And Children</u>	Enrique Manuel Foster
<u>Lesson 95 - Exercise In Sickness And Recuperation</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 96 - Corrective Exercises And Their Application</u>	Elizabeth D. McCarter, D.Sc. Robert W. McCarter, Ph.D.
<u>Lesson 97 - Devising A Lifestyle That Includes Vigorous Activity</u>	Mike Benton
<u>Lesson 98 - Exercise Programs For The Healthy</u>	T.C. Fry
<u>Lesson 99 - Restructuring The Way We Produce Our Foods - Part I</u>	Margaret Flynn
<u>Lesson 100 - Restructuring The Way We Produce Our Foods - Part II</u>	Margaret Flynn
<u>Lesson 101 - Harmonizing Society, Culture, and Lifestyle To Save Our Planet</u>	Margaret Flynn

Health & Nutrition Friends

- [Going Bananas Blog - Useful Blog Posts about living on Raw Foods](#)
- [The Raw Vegan Network - Online Raw Food Certification Courses](#)
- [From SAD to RAW - My journey to lose weight... and gain me.](#)
- [The Raw Table - Raw Food Recipes, Classes, Private Instruction, Houston Area](#)
- [Matt Monarch - Author of "Raw Spirit"](#)
- [Love Raw - Living Organic Vegan Experience](#)
- [Juicers, Reviews, Recipes and Nutrition Knowledge](#)
- [Kristen's Raw - Living Foods, Longer Life](#)
- [Health Synergy UK - Hair Analysis for Food Sensitivities](#)
- [Real Raw Food - Distributor of Organically Grown Truly Raw Food, British Columbia, Canada](#)
- [UliMana - Raw Chocolate Truffles, Superfood Spreads and Raw Hot Chocolate Mixes! All Organic, Handmade, Vegan](#)
- [Dr. Stanley Bass - Super Nutrition & Superior Health](#)
- [Soil and Health - Online books about Natural Hygiene](#)
- [Transformation Institute - School of Natural Hygiene](#)
- [Raw Cane SuperJuice at Farmers Markets and Retailers in California](#)

Fasting

- [Fasting.ws - Fasting for healing, weight loss and detoxification](#)
- [FastingConnection.com - Fasting Articles, Events, Books, Forum, Shop, etc.](#)

Raw Coaching

- [RawHealing.com - Audrey's Raw Food Lifestyle Coaching](#)
- [RawSchool.com - Nora's Raw Coaching](#)
- [Angela from RawReform.com - Private Consultations and Raw Lifestyle Coaching](#)
- [Dr. Gina Shaw - Take Back Control of Your Health Through Health Consultations and Fasting/Detox Programmes](#)

Raw Retreats

- [Hippocrates Health Institute](#)
- [Tree of Life Rejuvenation Center](#)
- [Creative Health Institute](#)
- [Vida Clara - Fasting, Meditation, Transformation](#)
- [Cedar Springs Renewal Center](#)
- [Karuna Detox Retreats](#)
- [Sura Detox Retreats in Devon UK - 7 Day Juice Fasts With Colonics, Nutrition, Massage & Yoga](#)
- [TrueNorth Health Education Center](#)
- [Mind Your Body - Hawai'i Raw Detoxification Retreat](#)

Raw Directories

- [Raw Wide Web - Your Raw-Foodist Internet Guide](#)
- [Raw Food Planet - Worldwide Raw Food Lifestyle Directory](#)
- [Raw Index - Comprehensive Listing of Raw & Living Foods related Websites](#)

Metaphysics & Spirituality

- [Advanced Yoga Practices - Easy Lessons for Ecstatic Living](#)
- [SwamiJ.com - Self-Realization in the Tradition of the Himalayan Masters](#)
- [Biology Of Kundalini](#)
- [Emotional Freedom Technique](#)

Personal Development

- [StevePavlina.com - Personal Development for Smart People](#)

Books

- [TheRawFoodWorld.com - Raw Vegan Books](#)
- [Health Research Books - Publishing Rare and Unusual Books since 1952](#)